

**ABSTRACT OF THE DISCLOSURE**

A method of building an engineered lumber stud and a method of using such studs to form a modular wall panel for use in the construction of buildings. The invented studs having a first skin, a foam core, and a second skin. The engineered lumber stud can be created by taking a standard stressed skin paneling/structural insulating panels/insulating foam core panel and cutting said panel into a plurality of “studs.”